NOVEMBER 21, 2011

VOLUME 106, NUMBER 10

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WARTBURG TRUMPET

Student Health Fair
Event will showcase important health info for students in fun ways
4

Hana Pestle
21-year old singer-songwriter took the stage last Thursday
5

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'Jumpstart' gives students tips for surviving holiday eating

EMILY LAYTON *STAFF WRITER*
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Students can get a jumpstart on becoming healthier before the holidays with a four-week program, said "The W" fitness director Nikki Hudnutt who is leading the program with Waverly Hy-Vee dietitian Jolene Galligan. The program starts on Nov. 28.

Nikki Hudnutt

"This is just kind of to give them the basic information talk about healthy eating, how to grocery shop, a little bit about exercise and just trying to survive all the goodies," Hudnutt said.

"Jumpstart to a Healthier You" will meet every Monday from 5:30 p.m. - 6:30 p.m. alternating between meeting at "The W" and Hy-Vee.

The program will first meet at "The W" for an introduction, health and exercise screening and information about portion control.

The following Monday the group will meet at Hy-Vee for an introduction to NuVal, healthy food shopping and samples of new food in Hy-Vee's expanded HealthMarket.

"The program offers classes on how to shop healthier, cut calories, track food intake and an opportunity to sample new foods and learn ways to live healthier," Galligan said.

When they're back at "The W" they will get information on beneficial exercises.

"We get stressed. We've got family coming. We're traveling. So, what are some simple tips to help keep up with the exercise or maybe even get started to help alleviate stress," Hudnutt said.

The final meeting time will be at Hy-Vee for information on eating out, cooking healthy and weight maintenance.

"We know that after the holidays

▸ PROGRAM TARGETS—p.2

Festival of Trees moves to Wartburg

TORIE JOCHIMS *ONLINE EDITOR*
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The CTC will be home to decorated trees as part of the Festival of Trees this year. There will be about 30 trees on display at Wartburg from Nov. 22 through Dec.13. — Oxana Protchenko/*TRUMPET*

This year, Wartburg will partner with the Waverly Chamber of Commerce to bring the Festival of Trees to the CTC.

The Festival of Trees is a display of Christmas trees decorated and put up by individuals and businesses. The festival will be on display Nov. 22 – Dec. 13. and will be open 9 a.m. – 9 p.m. during those days. Students and student groups are encouraged to create a tree for the festival, Linda Moeller, senior strategist for marketing and communication, said.

"We wanted to bring another Christmas component to the campus with our other events, and we thought this would be a great opportunity to pair with the community and help build that relationship," Moeller said.

Paula Stevenson, festival chair, said the new venue will provide more opportunity for people in the community to see the attraction than the old venue of the fire house museum.

"Pairing with Wartburg gives a public convenience and that lets the businesses that decorate trees have a much greater chance to have their trees seen and bring business downtown," Stevenson said.

The Waverly Chamber of Commerce said there will be approximately 30 trees on display this year, an increase from last year's 12-15 trees.

The Festival of Trees will be part of several community and college events during the holiday season including the Cedar Valley Hospice Tour of Homes and Christmas with Wartburg.

"It's another way to bring people to campus, and for students not involved in the music components of Wartburg's holiday celebrations, it could be a really fun thing for them to get involved with," Moeller said.

Participants are expected to provide their own trees and décor. Trees can be designed with any theme groups or individuals desire, Stevenson said. Students and student groups interested in participating who miss the deadline should contact Moeller to get involved.

Erika Lindgren, assistant

▸ FESTIVAL GIVES—p.2

Survey shows disconnect between administration, faculty and staff

College scores well in pride and job satisfaction, low in adminstration and staff relations

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Nearly half of Wartburg faculty and staff feel negatively about relations between administration, faculty and staff according to a survey conducted by the Chronicle of Higher Education.

Wartburg was given a "yellow flag" in the survey for that catergory, with only 54 percent of respondents feeling positively about administration, faculty and staff relations.

President Darrel Colson said the response rate for the survey was above the threshold required by social science surveyors.

Colson said the survey helped Wartburg discover areas they need to improve.

"What the survey did for us was highlight areas on which we need to work," Colson said. "The survey is really kind of a thumbs up or thumbs down thing."

"People have told us 'here's some areas where you're falling short.' So let's dig into those," Colson said.

Interim Dean of Faculty Fred Ribich said the college has put out feelers for outside help to come to Wartburg to conduct focus groups with faculty and staff to try and improve relations.

"Usually they're groups of anywhere from four to eight at a time," Ribich said. "We're trying to get a little more concrete notions about what kinds of things may have been contributing to I guess less than stellar responses."

Ribich said the college is looking into doing its own survey to gauge faculty and staff's feelings more regularly.

"That's a pretty common practice these days for organizations," Ribich said. "We would have an internal survey mechanism that gives us some feedback that can be used in how we tweak our processes."

"Great Colleges to Work For" Survey

Very Good to Excellent	Pride	83%
	Job Satisfation / Support	77%
	Facilities	77%
	Supervisors / Department Chairs	77%
Good	Professional Development	74%
	Compensation, Benefits & Work / Life Balance	67%
	Shared Governance	66%
Fair to Mediocre	Policies, Resources & Efficiency	63%
	Collaboration	63%
	Fairness	63%
	Senior Leadership	62%
	Respect and Appreciation	62%
	Communication	61%
Yellow Flag	Administration & Staff Relations	54%

Source: The Chronicle of Higher Education

Molly Anderson/*TRUMPET*

Wartburg scored well in other categories of the survey. The college scored in the very good to

▸ WARTBURG MISSES—p.2

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NEWS

Program targets following through on New Year's resolutions

◂ continued from p. 1

everybody has their New Year's resolutions, and so if we can get across a start prior to it hopefully help get them through the holidays a little bit easier," Hudnutt said.

The program costs $65 or $85 to also get a lipid profile to know where cholesterol triglycerides are, which are good indicators to know if you are at an increased risk for heart disease. Anyone interested can sign up at "The W."

After the holidays there will be a more in-depth program about how to keep up New Year's resolutions to be healthy. This program talks about how to eat healthy and what some good exercises are.

"It's never too late to start," Galligan said.

Wartburg misses list of great colleges to work for

◂ continued from p. 1

excellent category in several areas including 83 percent of participants responding positively to pride for where they work.

Job satisfaction, facilities and supervisors/department chairs also scored in the very good to excellent category.

Wartburg scored a 74 percent in professional development, 67 percent in life balance and 66 percent in shared governance. All of those fell into the good category of the survey.

Administration, faculty and staff relations was Wartburg's only yellow flag. The college scored fair to mediocre in several categories including collaboration (63 percent) and communication (61 percent).

The Chronicle of Higher education surveyed 275 colleges and universities. Of those, 97 were designated as great colleges to work for. Wartburg was not on that list.

Colson said one of the best aspects of the survey was that it allowed faculty and staff to be surveyed. Wartburg was not required to participate in the survey.

"Sometimes that makes it difficult to get granular information," Colson said. "But it does give you a picture of how all the employees of an institution feel about their working lives.

Festival gives students a chance to celebrate holidays

◂ continued from p. 1

professor of history, said she is excited to be decorating a tree for the festival this year.

"I saw the announcement and thought it would be fun, helping me to get into the holiday spirit this year," Lindgren said.

Lindgren said her tree will be themed "Tree of (My) Life."

She said the event is a great chance for students to get creative about Christmas or their favorite winter holiday.

"I love the idea that it's promoting unity between the college and community," Stevenson said.

Moeller said the partnership has potential to become an annual event.

"What's really cool to think about is that if students get behind it, they can come up with some amazing things and it would be so fun to see their take on it," Moeller said.

Intramural numbers drop

EMILY NOVOTNY *STAFF WRITER*
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Katie Reinhardt attempts a shot during an intramural basketball game. Fewer students are playing in intramural leagues this year because of time issues. — Emily Novotny/*TRUMPET*

The number of participants for Wartburg's intramural sports league has dropped compared to last year even though the director of intramural sports Justin Jackson said he has not changed the application process at all.

Basketball has seen the biggest drop, losing ten teams from last year. Co-ed flag football did not have a league because there were not enough teams. Jackson said he has a few theories to why the numbers have dropped.

"There is so much going on in today's world, something's got to suffer," Jackson said. "You've got so many other things on your plate it's tough to fit everything."

With the 2011-12 total enrollment at 1,805, there are around 600 student athletes and 450 students involved with music. With everyone being involved on campus, Jackson said, it could be easy to overlook his emails. He said he might have to start sending out multiple emails to get students' attention.

Junior softball player Janelle Schneiderman said her first thought when receiving Jackson's emails is that intramurals make it harder to academically achieve.

"I wish I could have played intramural basketball this year, but with softball and class workload getting harder, I need all the time I can to study," Schneiderman said.

Schneiderman said she thinks the reason why people aren't participating with intramurals is because of the homework stress.

Junior Ashley Kovarik has participated in a variety of intramurals because she said she likes being involved.

"Football is supposed to be America's sport, and when I was told that we were the only co-ed team that signed up for flag football, I was flabbergasted," Kovarik said.

Jackson said usually co-ed flag football numbers are pretty good and thinks people should use intramurals as stress relievers.

"Come out for an hour and just run around like a chicken with your head cut off while playing a sport," Jackson said.

If numbers continue to stay low for the next couple of years, Jackson said he will always try to give the students the option to play every year. Jackson said in the past he has scheduled teams around certain days because he is willing to try anything to get students to participate.

"I would like to keep trying and maybe I would have to come up with some different games like kickball," Jackson said.

Passing grade on national test a product of conservative budgeting

MATT CUNARD *NEWS EDITOR*
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Wartburg achieved a passing score on the Department of Education's financial responsibility test for the 2009-10 school year, the most recent year data is available for.

The college received a score of 2.8, with 3 being the highest score possible, and -1 being the lowest score.

Rich Seggerman, chief business officer and treasurer, said while the good score is a positive sign for the college, it is not a goal the college fixates on.

Rich Seggerman

"We try to be fiscally responsible in regards to our operating budget, so we want to be sure we are bringing in enough money to pay our expenses," Seggerman said.

The Department of Education implemented the financial responsibility test in 1997 as a way to ensure that schools that are getting federal funding can deliver on their promise to students of providing an education, Seggerman said.

He said this allows the government to only allocate funding to schools that have the best interests of students in mind.

"If an organization or group of folks started a school, started getting federal finds, but then couldn't help those students, closed their doors, the federal government would say, 'Now, wait a minute. That's not in the best interest of those students or of the federal government,'" Seggerman said.

A passing score on the financial responsibility test is a score of 1.5 or higher. In a list released by The Chronicle of Higher Education last month, 180 institutions of higher education received less than a 1.5.

These schools get put on a watch list to be monitored by the Department of Education. Schools with a score lower than 1 on the test have to post a line of credit with the government.

One school in the Iowa Conference, Loras College, was on the list with a score of 1.1.

However, Seggerman said this does not necessarily mean they are being financially irresponsible.

"There are a lot of factors that go into this score," Seggerman said. "I think that Loras is certainly a strong, viable institution."

He said one of the factors in a college's score comes from the endowment investments the school has.

This means they are directly affected by the actions of the stock market. The school may be acting in a financially responsible way, but may receive a lower score because they are losing on their investments, Seggerman said.

Wartburg's ability to keep a high score during troubling financial times is credited to the college's awareness of the economy and budgeting smartly, Seggerman said.

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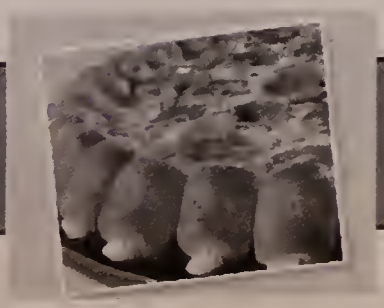

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OPINION & EDITORIAL

TRUMPET EDITORIAL:

Stop Online Piracy Act threatens online freedom

Last week the Stop Online Piracy Act (SOPA) was introduced in the House of Representatives. Many students aren't familiar with SOPA, but it can change our lives drastically.

SOPA would drastically increase the power of U.S. law enforcement and copyright holders rights to fight online traffic of copyrighted materials.

While this just sounds like a bunch of legal mumbo jumbo, it will affect students in the way it's carried out.

Once the act is put into place it will effectively censor the Internet of any copyrighted materials.

Google and other search engines won't be able to display results from sites that have copyrighted materials.

Internet information hubs like Reddit and Digg as well as micro-blogging sites like Tumblr won't be allowed to function anymore.

Remember the last time you researched a paper? You probably used Google or another search engine to find information for it. This won't be possible if SOPA is passed.

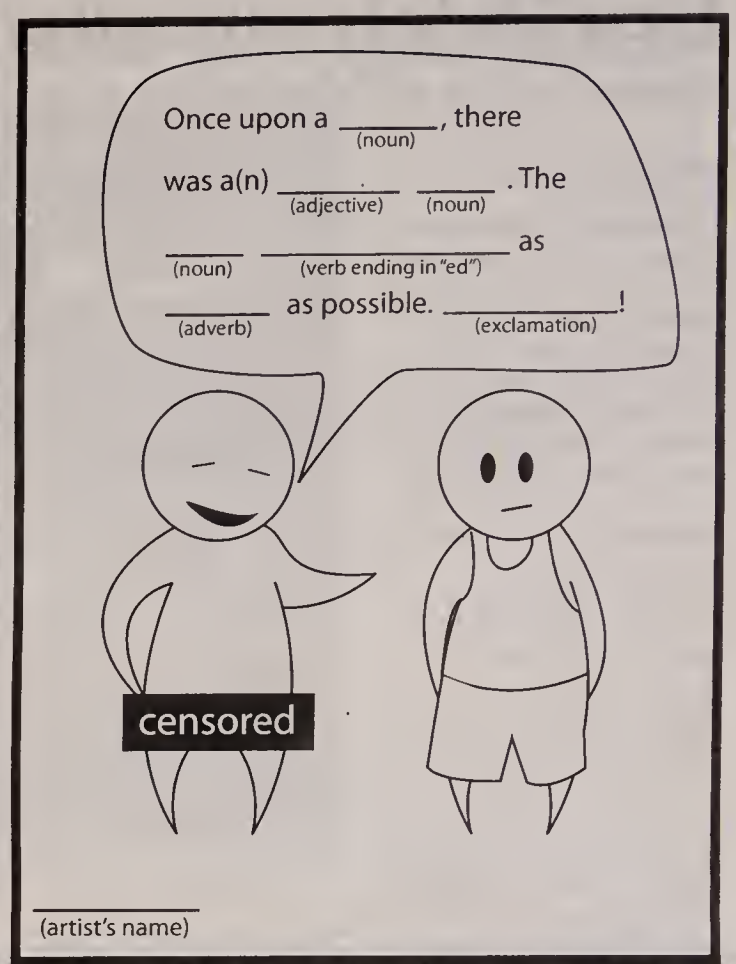
When was the last time you watched clips or other materials about a copyrighted show on YouTube? All of those programs would be removed if SOPA passes. Streaming videos in general would be changed drastically.

Many people are comparing this act's effect on the Internet as being similar to the censorship in place in China. Anyone familiar with communications knows that China's Internet censorship is a huge issue.

Many different websites have started attempting to raise awareness about the act, last week many sites had a "censorship day" where they posted information about the act and encouraged their users to contact their representatives about it.

Free speech is one of our unalienable rights, but this act and everything it encompasses threatens to change that. It gives the government too much control of our Internet consumption.

SOPA hasn't been voted on yet, and it's generating a lot of conversations in online communities. It is still possible to fight this act, and we encourage you to take your stance. The freedom of our Internet is extremely important and it will affect your user experience. Contact your own representatives, research the proposed legislation yourself, but don't let it pass over your head.



Two can play that game, ETK...

TRUMPET

PRODUCED WEEKLY BY STUDENTS
AT WARTBURG COLLEGE, 100 WARTBURG BLVD.
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Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to trumpet@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

WHATS ON YOUR MIND:

Equality an international issue

SAM ANDERSON
ASST. KNIGHTLIFE EDITOR
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Rev. Mark Kiyimba from Uganda came to campus a couple weeks ago to talk with a room full of students and staff about homosexuality in his home country. In Uganda, homosexuality is criminalized, and a bill popularly called the "Kill the Gays" bill is a current law.

Sam Anderson

A great deal of information was presented, and an issue I am faced with frequently was once again thrown in my face. As a lesbian, I've met a number of people who want to "save me." People with strong religious beliefs make a large percent of those all over the world fighting against gay and lesbian rights.

At Wartburg, I've been quite lucky. We have a wonderful support network on campus and I rarely see deliberate discrimination against the GLBT community. The majority of people on campus accept who I am and have no issues with gays. But in the documentary shown by Kiyimba, religious leaders from Uganda and the U.S. condemned homosexuality.

I'm not going to ramble on about each side. I've gone over that argument with many people, fighting lunacy with facts. People who are set in their ways rarely change.

Right now, I'm talking to the people who support the gay community and want to help show that we are not evil. We are human. In Uganda, and countless other places around the world, LGBT individuals don't simply fear discrimination, they are faced with death because they are deemed "unnatural."

How do we change this? How do we protect those who just want to live, but love someone of the same gender or feel they were born into the wrong gender?

We need to speak up on an international level. We need to vocalize our support for gay, lesbian, bisexual, transgender, transsexual, asexual and gender neutral individuals.

There is great change for GLBT rights in the U.S., but we cannot forget about those who are being persecuted in other countries. Instead of sending religious missionaries to spread the hate, let's get Wartburg students out there to push love.

Choice Words WARTBURG SOUNDS OFF

To some you are known as GTL, to us you are known as the guy with the nice "back pockets." Keep up the good work.
—Aren't we in college?

Dear N-lot smokers,
Please quit smoking in N-lot. No one can breathe and I'm pretty sure you're on school property.
—Can't breathe

Dear Campus security cart,
I saw you almost run that squirrel over. Not cool.
—Horrified

Hey Mensa,
I'm actually okay with the hand sanitation thing, but I feel like maybe the Mensa employees should always wear gloves and not touch their hair when wearing them.
—Just saying...

Dear Single Senior,
That was news to me too. Want to go get coffee some time?
—Sad I missed the memo

Upon my graduation, I received a $120,000 coffee mug. It leaks!
—Soggy alumni

Dear Girl who ran me off the sidewalk,
For the record, when you encounter someone else on the sidewalk, you go to the right, not the left. We are not in London.
—Right is Right

Just found the speech function in the computer. I'm never actually talking to a group member again.
—Now I need Siri

What do you call a bashful butterfly?
—A Fluttershy

Dear Professors,
Your fuchsia-on-turquoise lecture slides are certainly eye-catching, but they are also burning my retinas. Neutral colors will be sufficient for keeping my attention and maintaining readability.
—Blinded by the light

In other, non-Twilight news- who else LOVED the new Hunger Games trailer?
—Catching fire

"Where am I gonna get mirrors for my pants?"
—Overheard in the J-Lab

Dear Campus-Minnesotans,
Hotdish? Fleetfarm? What is wrong with you guys?
—Casserole, Farm & Fleet

So Wartburg, I'm confused. How does two days for Fall Break and Thanksgiving equal a week?
—Missing break

Dear Facebook Friends,
Really? The midnight premier of "Breaking Dawn?" I think you need a hobby...
—We're in college, not junior high

I'm getting seriously concerned that we won't live on space stations in the future like Zenon, girl of the 21st Century. That movie took place in 2049, we're getting pretty close to the deadline...
—Zoom zoom zoom

Dear Guy on the elliptical next to me,
Quit farting.
—This is a public gym

THE Circuit WARTBURG COLLEGE
www.wartburgcircuit.org

Choice Words is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Either go to the Circuit or tweet #choicewords to see your thoughts here! The Trumpet reserves the right to censor inappropriate and libelous comments.

NEWS

Health fair aims to inform, improve eating habits

Student led fair will discuss how to eat well on a college budget for a health promotions class

MATT CUNARD *NEWS EDITOR*
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The Hall of Champions in "The W" will play host to the Student Health Fair on Thursday, Dec. 1.

The fair, in its third year, will have booths run by vendors such as Hy-Vee and CrawDaddy Outdoors, as well as booths run by students from the health promotions class, taught by Dawn Wiegmann, director of wellness and health promotion.

"What's different about this health fair is half of the promotions are student-led. What we do with their [promotions] is that we bring up things that are lacking here on campus, and I try to get them to have fun," Wiegmann said.

"Every table is handing out door prizes. There are things that people will come away with that I guarantee them they will learn and it will help them on campus."

The goal of the health fair, Wiegmann said, is to provide the student body with hands-on and visual information that will impact their daily eating and drinking habits. Hydration, positive body image and diabetic information will be some of the topics touched on at student booths.

"Healthy Bargains," a topic researched by Kayla Kregel, Tamone Williams and Noah Minikus, will compare expensive granola bars with cheaper ones that provide the same nutritonal benefits.

"All college students...we don't have big budgets, so basically we're trying to give them information about what is a great granola bar at a great cost and is healthy for you," Williams said.

Another booth, presented by Arielle Brown and Matthew Hagemann, will be focusing on how much sugar is in beverages and will provide an interesting visual.

"We're going to have the sugar in those products measured out in bags, and I'm excited to see people's reactions to how much sugar is in a bottle of Mountain Dew if any of them are really shocked," Hagemann said.

"Everyone can read a label and see that, 'Oh, there's 70 grams of sugar in that' but a lot of times they don't know what that means until they see the visual of it."

For the class, the objective of researching their topic and helping put on the student health fair is to teach them how much work goes into promotion, Wiegmann said.

She said while not all the students in her class are fitness majors, chances are that they will to have to use some aspect of the planning and promoting process in their future professions.

Health fair participants recommend cheap granola bars that have good nutritional content. Limiting sugar from soda, sports drinks and energy drinks is important to be aware of. — Matt Cunard/*TRUMPET*

"A lot of the other things I do on campus with faculty and staff I promote a lot more, but this one is sink or swim on the students if ten people walk through or if 110 people walk through," Wiegmann said.

For the students in Wiegmann's class, the information and samples they are providing are things they themselves would want to know.

"I knew that this wasn't something I knew a lot about, but I wanted to know more about so I kind of thought that other people would want to know about too," said Deanna Flood, who's booth deals with pre- and post-workout nutrition.

Wiegmann said she is keeping her expectations for how many students will stop by the fair realistic because of students' schedules.

"I know our students are very busy," Wiegmann said. "If they could take ten minutes to walk through they will be very surprised and it will be worth their time to see some of the fun things going on."

Poverty panel highlights struggle of homeless in Iowa and the Cedar Valley

MELANIE OELTJENBRUNS
STAFF WRITER
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There are 21,280 homeless individuals in Iowa today and many of them go unnoticed by their communities. Approximately 90 students and faculty learned about the reality that homeless people face in the Cedar Valley last Tuesday at The Different Faces of Poverty and Homelessness panel.

Renee Sedlecek

The event was sponsored by the Center for Community Engagement and Volunteer Action Committee.

"People find themselves in a homeless situation for many different reasons. So the panel is meant to help educate the Wartburg Community to the issue of homelessness and provide them with ideas for how they can help address the issue," Renee Sedlecek, the service learning coordinator said.

"Hopefully after hearing the panel, students will want to become involved in St. Elizabeth's Week," Haley Jo Hanson, director of the VAC said. National Hunger and Homeless Awareness week coincides with Wartburg's St. Elizabeth's week.

The event started with a video showing different local homeless organizations and information regarding homelessness in Iowa.

Brooke Lentz, a third-year student, said the video showed some staggering statistics and surprising information.

"It really opened my eyes to what they consider the hidden homeless, people making makeshift houses out in the middle of the country. I was completely unaware of that," Lentz said.

On the panel was Carrie Dunnwald, the housing director for Cedar Valley Friends of the Family, an organization that specializes in helping out those in domestic violence situations. Joni Hanson, director and a co-founder of the Hospitality House in Waterloo, was also on the panel.

Barb Prather, who is the executive director of the Northeast Iowa Food Bank, was the third panelist.

A former client of Cedar Valley Friends of the Family, Michelle, also shared her story and participated to show another side of homelessness.

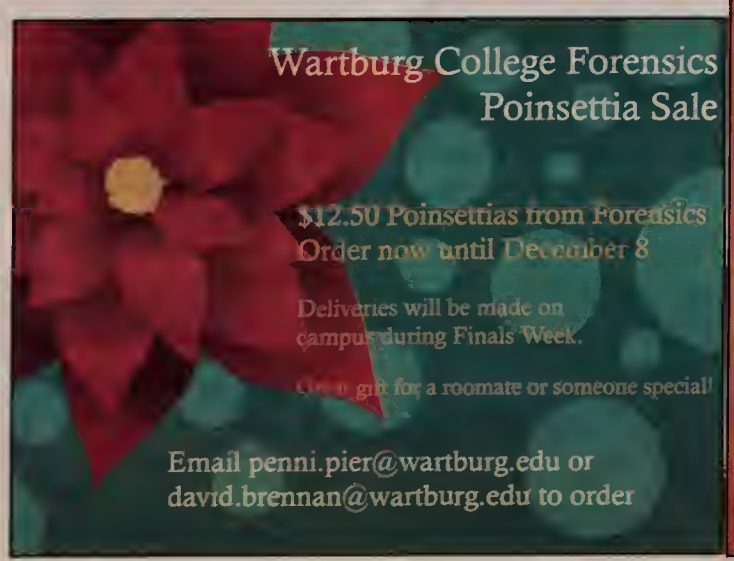
Students were encouraged to call an agency to volunteer, donate time or other gifts and become politically active.

"I think this panel is really important because it shows that homelessness is a real issue and it can affect anyone at anytime," Lentz said. "So often we feel like it's distant and doesn't affect us."

Sedlecek said she enjoys hearing the stories of why people do their volunteer work.

"For me personally, it's hearing their stories of what brings them to this work. The question of how has this work changed your life? I thought their answers were inspiring and that was probably the most touching part for me," Sedlecek said.

If students missed out on an opportunity to volunteer during St. Elizabeth's week, Sedlecek encourages students to call the VAC or CCE to get local organizations contact information to become involved.



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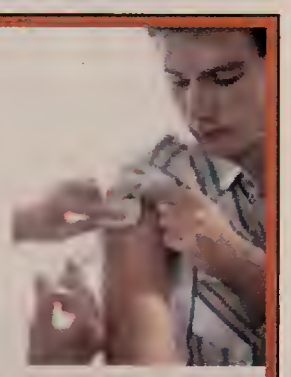

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Monday – 8:30 a.m. to 6 p.m.
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Wednesday – 8:30 a.m. to 3 p.m.
Thursday – 8:30 a.m. to 4:30 p.m.
Friday – 8:30 a.m. to 3 p.m.

Students may add the $28 charge to their Wartburg bill or pay cash.

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Drop in bike thefts, still take precautions

Bike thefts on campus have decreased since last year, but they are still occasionally stolen. Students can lock and register them to help their bikes stay safe. Many bikes are stolen when people are in a hurry or when they are just pulling a prank, John Myers said. — **Hannah Cox**/*TRUMPET*

SAM ANDERSON
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The number of bikes being stolen on campus is lower than it was last year, with 19 stolen in 2010 and only seven stolen so far in 2011.

"I am hoping this is due to people being more cautious about locking their bikes," Michael Lavenz, security officer, said.

John Myers, director of campus security and safety, said more bikes are stolen on the weekend during the nights. Monday throught Friday, more are taken during the day.

"During the week, it seems like most disappear during the day when students take advantage of an unlocked bike for transportation across campus," Myers said.

Despite the reduced number of thefts, security said students still need to watch out.

To prevent bike theft, students can register their bikes with security.

Myers said this is a good option to prevent theft and locating missing bikes.

"Most bikes are taken because it is a quick means of transportation or as a prank," Myers said. "Respecting the property that legitimately belongs to others can help solve this problem.

Many have been seen in trees, and security officers said they have caught students in the act.

"Alcohol is a contributing factor to airborne bikes," Myers said.

Hannah Scrabeck had her bike stolen Homecoming weekend and found it linked to a pole outside of The Fainting Goat with someone else's chain.

Scrabeck's bike was registered, so the process of getting it back was simple.

"I called the Waverly Police department to come cut the chain, and they were able to identify it by the registration number," Scrabeck said.

"If I hadn't had mine registered, I probably wouldn't have been able to get it back right away."

Hana from Montana brings her musical creations to Wartburg

JERICA GEORGE *STAFF WRITER*
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Hana Pestle started playing guitar when she was five and started writing her own music in high school. Now, she travels the country and on Thursday, she came to Wartburg.

Pestle is a singer-songwriter from Montana and performed on campus as part of her NACA college circuit tour.

Pestle has been writing music since her high school graduation in 2008. Her first solo CD "This Way" was released in 2010.

Her musical journey started at an even younger age.

"I started writing my own music when I was a freshman in high school. By that time I had been playing the guitar since fifth grade and was obsessed with playing my favorite songs," Pestle said. "One day I was just sitting on my bed, and I thought 'I need to know how to write a song,' so I just sat down and went for it."

On her first album she sings mostly about relationships.

"Being a songwriter, you get information from everything around you. Things that inspire my songs are relationships, and nature is a big one. I'm from Montana and I love hiking and skiing," Pestle said.

Pestle said while being on tour, she was able to experience a great deal.

"Being on tour can be a very vigorous and tiring job. The best part of being on tour is seeing new places and meeting new people," Pestle said.

Playing with Collective Soul and Blues Traveler at Red Rocks in Colorado where the Beatles and Janis Joplin played was one of Pestle's favorite memories in her career. She also said she loved playing at the Greek Theater in LA.

"Getting up on stage at those shows, I wasn't really nervous just more excited and anxious," Pestle said.

She said she wants to continue on and gain a fan base, but always wants to love what she does.

She was popular with Wartburg students and some students said they are now part of that fan base.

"Her voice was so amazing it made me want to listen to her," McKenna Zimmerman said. "I really liked it when she did a mash up of well known songs like 'Forget You,' 'Hey Soul Sister' and 'Don't Stop Believen'."

Hana Pestle performs for Wartburg. Pestle started her career when she graduated from high school. — **Oxana Protchenko**/*TRUMPET*

Students and staff gather at Old Main on Nov. 20 to honor transgender murder victims. Transgender Day of Remembrance recognizes lives that have come to violent ends as a direct result of people rejecting their gender identities. — **Abbie Baker**/*TRUMPET*

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We want to hear from you. Submit your story ideas to:
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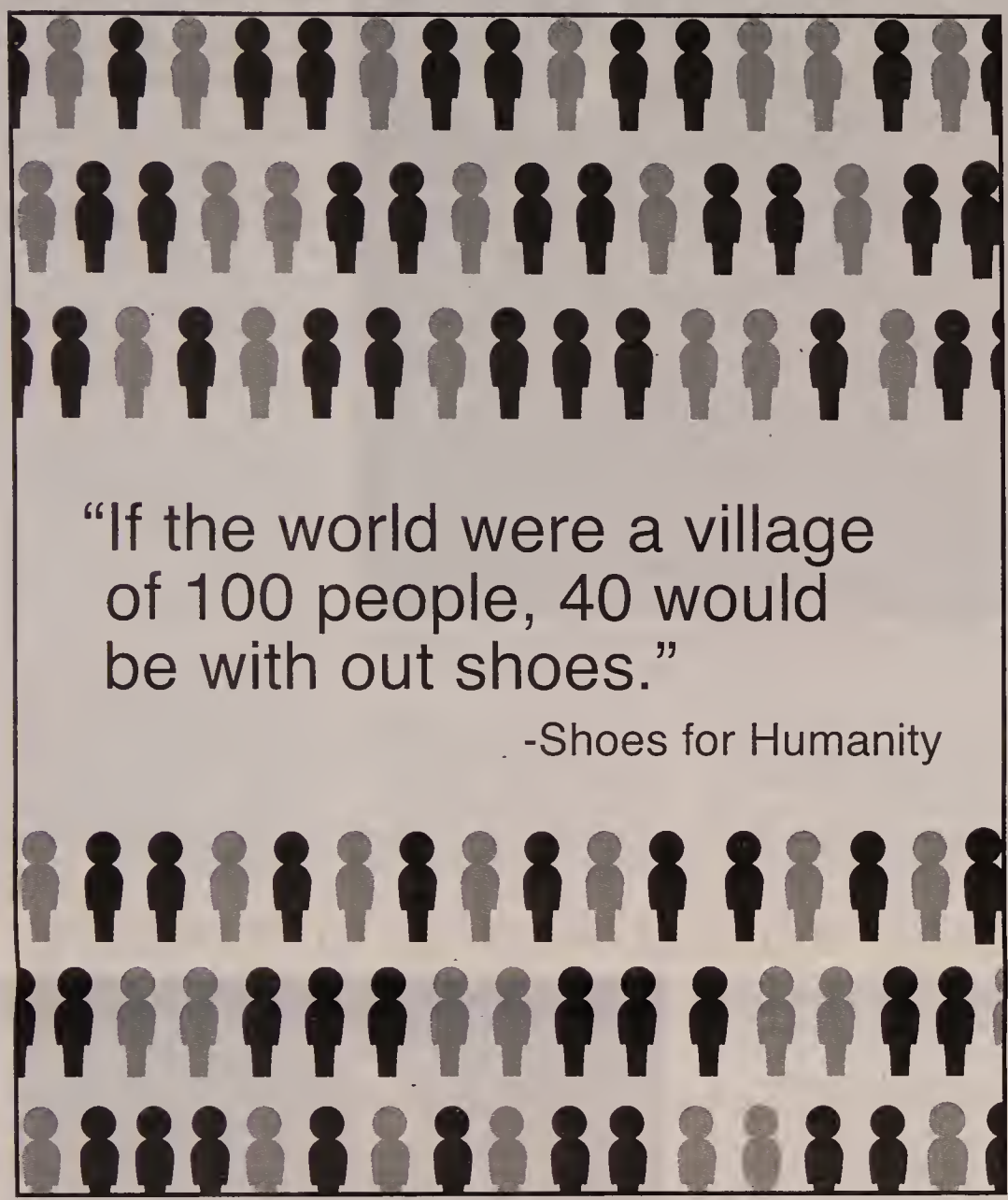
TOMS shares shoes with needy

New club on campus gives student the opportunity to learn about TOMS



— MOLLY ANDERSON/*TRUMPET*

CHRIS KENINGER *STAFF WRITER*
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A new campus club has been initiated and approved by Student Senate.

The club is solely devoted to TOMS shoes. When someone purchases a pair of TOMS shoes, the company sends a pair of shoes to a child in need.

Courtney Geibert and Kayla Fricke have started TOMS Club and think it is more than just about the shoes.

"One of our main goals is to raise awareness for kids without shoes" Geibert said.

According to the Shoes for Humanity Web page, 40 percent of the world's population does not have proper footwear. This opens them up to many dangers.

That is why TOMS club said they are trying to persuade students to try TOMS.

TOMS boasts a "one for one" giving campaign. For each pair of shoes sold, they give a child in need a pair of shoes.

According to TOMS giving report, as of Sep. 2010, they have given away one million pairs of shoes in 23 different countries around the world.

"We really want students to think about making a more conscious decision if they are planning on buying a new pair of shoes," Fricke said.

"We want them to consider TOMS because of the good things that they do."

Giving away shoes might seem trivial, but according to TOMS and Shoes for Humanity, shoes are very important for social and health reasons.

Using their 100-person village model, Shoes for Humanity said 58 people have one or more parasites, many of these parasites come from walking barefoot.

According to TOMS, many schools in developing countries require that children wear shoes in order to attend school.

To help with their cause, TOMS has made a push for campus clubs to be started across the United States.

These clubs are allowed access to a copy of the TOMS documentary and plan several events involving the shoes.

The group is planning several events, including a "Style Your Soles" night where students can purchase a pair of TOMS shoes and have them decorated by a local artist.

The group will also sponsor "A day Without Shoes."

"'A day without Shoes' really helps people to understand what it is like to actually go without them," Fricke said.

"We are planning to set up stations where people can walk on different terrains, like gravel and really experience how going shoeless can affect a person."

The Wartburg TOMS club plans to meet monthly in order to keep members informed and to help set up their projects.

If you are interested in TOMS Club you can email kayla.fricke@wartburg.edu or courtney.geibert@wartburg.edu to be put on their member email list.

Students form Model United Nations Group

RUT NASTITI *STAFF WRTIER*
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In an effort to bring international issues closer to home, Model United Nations is coming to Wartburg.

In order to better understand international issues and the workings of world governments, a group of students is forming a Model U.N. organization at Wartburg.

Liza Gashi

Liza Gashi and Bibek Chand initiated the group's creation last year.

They are are studying international relations and political science.

Model U.N. is an academic simulation to build understanding of the U. N. and the contemporary international issues that are discussed by the United Nations, according to the United Nations Association of the United States of America.

Each group welcomed into the U.N. discussions are assigned a country, and they must work through a world issue while looking through the eyes of those in their country. The whole group then debates to find a solution.

This year, the initiative has gained more interest from a number of students on campus from various majors and disciplines.

This term, with the guide of Dr. Brett Billet, professor of political science, the group is working on the constitution to be accepted as a new student organization.

"I had prior experiences on Model U.N. when I studied at United World College and back in Kosovo," Gashi, former International Club president, said.

"When I came here, I thought of forming a Model U.N. group. It was not really easy last year, since there are steps that have to be taken first."

In a recent meeting, the group covered basic structures of the organization. Model U.N. is open to all enrolled Wartburg students.

"We are planning to socialize the idea of Wartburg Model U.N. by giving presentations to classes that are related to it and the Inquiry Study classes," Gashi said.

The group is planning to present the new initiative in the next Senate meeting.

The Model U.N. group has to be authorized by the Student Senate to become an official group on campus.

They will visit with other campus organizations to see how they can improve their group.

The group meets Tuesdays at 11:30 p.m. in McCoy West and is open for anybody who is interested.

For anyone who wants to know more about. Wartburg Model U.N. can email Liza Gashi at liza.gashi@wartburg.edu.

Students go without showers for a week

HANNAH COX *KNIGHTLIFE EDITOR*
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Last week eight students walked around campus with cans to collect donations to get them to shower.

The annual No Shower Campaign raises money for the Crop Walk; which donates funds locally and worldwide, JoHanna Smrcina said.

Smrcina is the president of Manna and member of the Volunteer Action Committee and was the coordinator for the campaign.

"I think that this is a very unique campaign and we often could be misunderstood. We're not just 'oh we're crazy hippies and we're not going to shower,' it's really just a goofy fun way to raise money because since it is uncommon people are willing donate for that cause," Smrcina said.

Participants pledged a minimum of $25 and ranged to $100. The campaign started Monday of St. Elizabeth's week and lasted until they reached their goal Smrcina said.

"I always tell people if its Friday afternoon and you haven't showered or met your pledge call it quits," Smrcina said.

Smrcina said the No Shower Campaign was around when she came to school four years ago as a part of Manna.

"It's kind of just been a tradition that we've kept going; however, I do know the people who led Manna before I was here and I think it was just intended to be a creative way to raise funds," Smrcina said.

> *"...I think it was just inteded to be a creative way to raise funds."*
> —JoHanna Smrcina

Maren Hopkins participated in the campaign for the first time this year. She said she pledged $35 and met her goal on Wednesday night.

Hopkins said the experience was unlike anything she had done before when it came to fundraising efforts.

"I was surrounded by other people who thought it was strange. It kind of helped me get into what it might be like for someone who doesn't have a home for instance and doesn't have the opportunity to have basic hygiene like showering on a regular basis," Hopkins said.

A lot of people said they would never be able to do something like that, Hopkins said.

Smrcina said she hopes to collect over $1,000 this year but does not have the final total yet.

Student Senate matches what the No Shower Campaign raises up to $500.

This year, they allocated the money in advance to speed up the process of getting the donation money to the Crop Walk, Smrcina said.

"It's important to realize what lifestyles are like for other people who might not be as fortunate as us," Hopkins said.

"I was really glad to raise money so people that don't always have the ability to make ends meet may have the ability to have a meal or something like that."

SPORTS

Women's basketball start season 2-0

AL STRAIN *EDITOR-IN-CHIEF*
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The women's basketball team began their season by winning the Lakeland College Tournament in Sheboygen Wisc. with victories over Beloit and UW-Stout.

Head coach Bob Amsberry said his team needed to play each team differently.

"Its really two different styles of play," Amsberry said. "We wanted to slow Stout down and speed Beloit up."

In the championship game against Beloit College, the Knights were in control from the opening tipoff.

Wartburg opened the game on a 22-4 run over the first 10 minutes of the game highlighted by seven points from Leslie Wilson, who was named the tournament's MVP.

The Buccaneers cut the lead to three points with three minutes to go in the half before the Knights closed the half on a 10-2 run. The Knights led Beloit 35-24 going into the half.

Wartburg continued to build their lead over the first five minutes of the second half.

Carly Jacobs hit a three-point shot to extend the Knights' lead to 20 points with 15:13 to play in the game.

Wartburg was in control for the rest of the game, going on to win the contest 76-54 and only trailing at one point in the game when the Buccaneers scored the games first basket to take a 2-0 lead.

Wilson led the Knights in scoring with 21 points while shooting 8-9 from the field and 5-10 from the free-throw line.

Jacobs and Terri Dirks also scored in double figures. Dirks had 13 points while Jacobs put in 11 while going 2-3 from beyond the arc.

Faith Jones led the Buccaneers in scoring with 13 points for the game.

Wartburg advanced to Saturday's championship game by defeating UW-Stout on Friday night.

The Knights led by as many as seven points before the Blue Devils closed the half on a 14-7 run to take a 23-20 lead over the Knights into the halftime break.

The Blue Devils were in control for much of the second half. The Knights kept the game close, never trailing by more than five points.

Wartburg took the lead for good with 7:48 remaining in the game when Wilson converted a layup to give the Knights a 42-40 lead.

The Blue Devils cut the lead to one point with seven seconds remaining but the Knights made their free throws down the stretch to come out with a 59-54 victory.

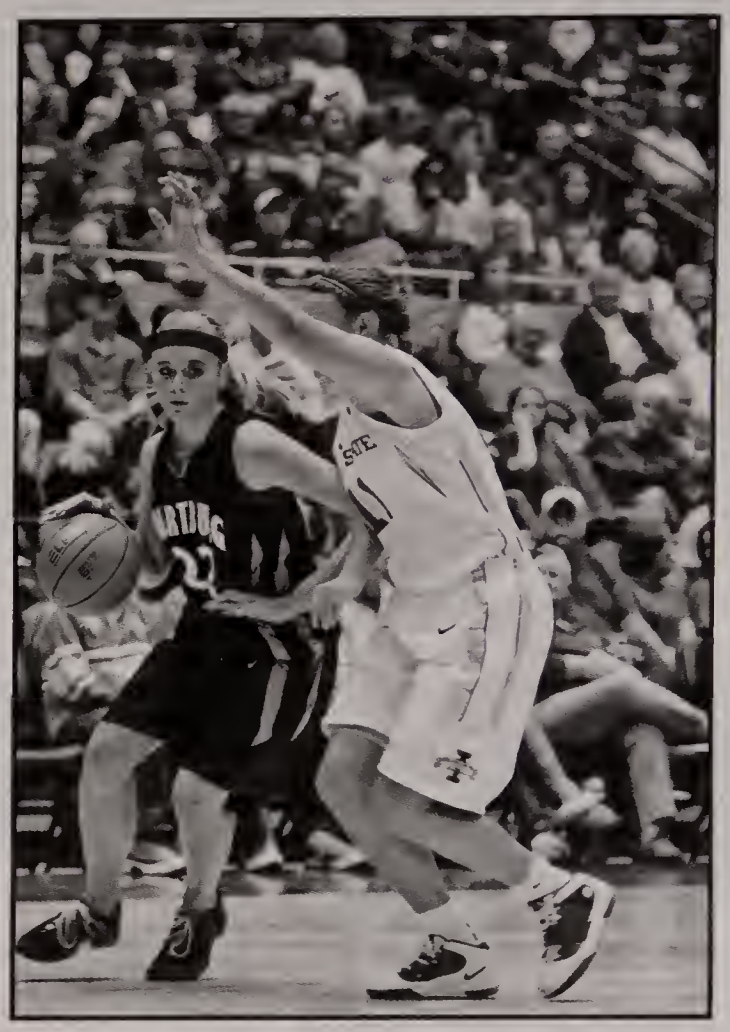
Abi Weidemann led all scorers with 17 points while going 11-13 from the free-throw line. Stephanie Reiter had 16 points for the Knights and grabbed six rebounds to lead the team. Wartburg shot under 30 percent from the field for the game.

Whitney Rawdon led the Blue Devils with 16 points and eight rebounds. Rawdon also had two blocks and three steals, leading her team in both categories for the game.

Amsberry said holding the Blue Devils to 54 points showed the Knights strong defense.

"I thought we needed to not fall into their style," Amsberry said. "We did a good job attacking the rim and getting to the free-throw line."

The Knights travel to Grinell on Tuesday to face a 1-1 Pioneer team that is coming off a 68-55 win over Ashford University. Tipoff is at 5 p.m.



Leslie Wilson is guarded by an Iowa State player in a game last year. Wilson led the Knights in points for the first time against Beloit. — **File Photo**

Wrestling splits for the weekend, have four champs

DREW SHRADEL *SPORTS EDITOR*
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The No. 1 Wartburg wrestling team split this weekend to go to two different meets. One half went to the Concordia Open while the others went to the Augsburg Open.

The Knights had four champions at the Concordia Open, and one second place finisher at the Augsburg open.

Wartburg's Landon Williams won the 165-pound division at Concordia, while Ryan Fank won the Heavyweight division.

The Knights also had two co-champions as Kenny Anderson and Gilberto Camacho both met in the Championship match at 125-pounds.

Tom Mirocha placed second at 133-pounds and Charles Tims lost for the first time this season finishing in eighth at 141pounds.

Punahele Soriano also finished second in the 197-pound divison.

"We're fighting a lot better. We had seven or eight in the finals in the last round which was good, but we lost five of those matches in the finals," co-head coach Eric Keller said. "I would say that the whole day was good up until that last round."

The Knights had multiple weight classes with two or more wrestlers finishing in the top ten.

There were three top ten finishers at 149-pounds. Kodie Silvestri finished second Drew Wagenhoffer finished fourth and Matt Vercillo finished sixth.

They also had two top ten finishers in the 157-pound division with Cole Welter taking second and Cameron Wagner taking fourth.

Wartburg finally had two top tens in the 174-pound division with Brad Banks and Ben Scott placing third and fifth Dylan Azinger and Sam Upah finished second and seventh in the 184-pound division.

At the Augsburg open, Noah Minikus was the wrestler of note, finishing second in the 184-pound silver division.

The Knights will take Thanksgiving week off before returning to their first conference dual against Central College in Pella.

"They've improved every year," Keller said. "For us, we take every match and every dual seriously, and we talk about how the most important match of the year is the one right in front of you."

Last year the Knights also opened up with Central, defeating them 51-0.

Going back to the end of last year the Knights have won 150 straight conference dual meets.

The Knights will visit the Dutch on Dec. 1. The first match is scheduled to start at 7 p.m.

Gilberto Camacho wrestles his opponent in the Badger Duals last week. Camacho finished in a tie with teammate Kenny Anderson for first. — **File Photo**

Oakland brings new ideas to the women's basketball team

◂ **Continued from p.8**

"As a Division I coach, that experience of working with elite-level players was attractive", said Amsberry.

Amsberry said he saw Oakland's UNI stint as an asset off the court just as much as on it, because of his experience with searching for talent in the Cedar Valley.

"He knows the area from a recruiting standpoint and also his experience at UM-Morris showed he can recruit at a Division III level", Amsberry said.

Amsberry said that Oakland has fit in wonderfully in his third stint as an assistant coach.

"He is really pushing our kids and brings some things that we really need to improve as a program, specifically enthusiasm," Amsberry said. "We just implemented a new offensive system that he's familiar with and is helping us make the transition pretty easy."

Not only does Oakland strive to push the players to their limits, but also forces Amsberry to think outside of the box as well.

"He's an ideas guy," Amsberry said. "He's stretching me and that's one thing I really wanted in an assistant coach: somebody that is going to come in and not only make our program better but make me better.".

November 21, 2011

VOLUME 106, NUMBER 10

TRUMPET SPORTS

Wrestling split up for weekend 7
The Knights had four champions at Concordia and a silver at Augsburg

UPCOMING SCHEDULE

Tuesday	M/W Basketball @ Grinell
Saturday	M Basketball @ UW- Stout Tourny
	W Basketball @ UW- LaCrosse Tourny
Sunday	M Basketball @ UW- Stout Tourny
	W Basketball @ UW- LaCrosse Tourny

Women sixth at NCAA meet

Eimers and Enabnit finish as All-Americans for the Knights

DREW SHRADEL *SPORTS EDITOR*
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The women's cross country team finished sixth in the NCAA Div. III national championship meet this past Saturday.

The Knights had two All-Americans as well. Freshmen Alana Enabnit and Emily Eimers finished in the top 35 in the meet.

This is the first time since 1994 the Knights have had two female All-Americans in the same year.

The Knights were ranked No. 30 in the nation in the polls before the conference meet and No. 27 after the meet.

Wartburg made a large jump in the polls after their regional meet to No. 13 going into the national meet.

Enabnit was first for Wartburg and finished 10th in the meet with a time of 21:13, and Eimers was second for the Knights and finished 32nd overall with a time of 21:41.

"Eimers wanted to be an All-American since she got here. She has been a great leader all season," head Steve Johnson said. "She hurt her foot but kept going. It will be a story I use in my coaching for a long time."

Sammi Bruett finished in 69th with a time of 22:19, Laura Sigmund finished 70th with a time of 22:20. Haddie Vawter, who finished 115th with a time of 22:39, rounded out the Knights top five.

The Knights finished with 291 points, just five points behind fifth place MIT. The National Champion was Washington University with 70 points.

Women's cross country team, from left: Laura Sigmund, Sammi Bruett, Audrey Weidman, Emily Eimers, Haddie Vawter, Serena Goetzl, Alana Enabnit, Kirsten Youngberg, Morgan Rae Gerdes, Erin Sawyers and Lauren Renee. Sigmund, Weidman and Eimers are the only seniors on the team that finished sixth at this year's NCAA Championships. — **Submitted Photo**

Men's basketball falls in title game

NATHAN FORD *STAFF WRITIER*
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The Wartburg men's basketball team fell to UW-Stout in the championship game of the Buzz Levick Tournament, 68-52 on Saturday.

Jordan Sathoff led the Knights (2-1), who suffered their first loss of the season, with 21 points and four rebounds. Thomas Perkins had 10 points and was 3-5 from the three-point line.

The Knights got off to a slow start as they trailed 15-2 at the 13:59 mark of the first half.

"We came out and started slow," said assistant coach Jason Steege, "it's always hard when a team jumps on you early and you have to play that uphill battle the rest of the game."

The Knights cut the deficit to five points multiple times in the first half but were unable to close the gap further and went into the halftime break trailing 32-26.

The Blue Devils led by as much as 20 in the second half, and the Knights could only close the gap to 10 at one point in the second half of the game.

"We weren't as efficient on offense as we'd have liked to be. We had about 20 turnovers and when you're down 15-2 to start the game each turnover means even more," Steege said.

Wartburg will be back in action on Tuesday at Grinnell. The Pioneers are led by Griffin Lentsch, who set a Div. III record with 89 points against Principia on Saturday.

After Thanksgiving, the Knights will compete in the UW-Stout Tournament with Robert Morris, Northland, and the host Blue Devils.

Wartburg opened the Buzz Levick Tournament with a 72-53 win over Crown College.

The Knights were led by Sathoff, who recorded his first double-double of the season with 14 points and 10 rebounds.

"Jordan really asserted himself later in the game and in the second half," Steege said. "When he was able to score down low it opened up things for us."

The game was fairly close in the first half as the Knights went into the locker room with a 31-25 lead.

The Storm battled back in the second half, cutting the lead to 35-34 with 16:18 remaining. Wartburg then went on a 13-0 run to extend their lead to 48-34 with 11:17 remaining to take full advantage of the game and advance to the tournament's championship game.

The Knights opened the 2011-12 season with a 51-48 at Carleton College last Tuesday.

Sathoff scored 17 points for the Knights and Mitchell Murphy added 12 in his first game back from injury.

The Knights trailed for much of the game but were able to rally late in the second half for the win.

"We did a good job in the second half of defending them late in the game," Steege said, "I think about the last nine minutes of the game they only made one field goal."

Jordan Sathoff and Kirk Sidey double team Roland Owczarek in Wartburg's win against Crown College. — **Sports Information**

Women's basketball gets Div. I assistant

JUSTIN SZYKOWNY *STAFF WRITIER*
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The women's basketball has a new asisstant coach to replace former assistant Aaron Nester.

Head Coach Bob Amsberry had his eye on a number of coaches. One, however, stood out above the rest: Nate Oakland.

"He's a great coach," Amsberry said. " I got to know that through working with him and observing him. What I thought was going to be a hard decision, he made it pretty easy."

Wartburg is not Oakland's first stop as a coach.

Through his career, Oakland helped lead Coe College to back-to-back IIAC championships that include an IIAC conference tourney title and Sweet Sixteen bid last season.

OAKLAND BRINGS ▸—p.7